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- (71) Applicant (*for all designated States except US*): PROBI AB [SE/SE]; Sölvegatan 41, S-223 70 Lund (SE).
- (72) Inventors; and
- (75) Inventors/Applicants (*for US only*): BERGGREN, Anna [SE/SE]; Tulpanvägen 9, S-240 32 Flyinge (SE). JOHANSSON, Marie, Louise [SE/SE]; Flygelvägen 14, S-224 72 Lund (SE). LARSSON, Kåre [SE/SE]; Norra Villavägen 7B, S-237 34 Bjärred (SE). LINDBERG, Anne-Marie [SE/SE]; Källarekroken 6, S-226 47 Lund (SE). WIKLANDER, Jörgen [SE/SE]; Älta Strandväg 31, S-138 33 Älta (SE).
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(57) Abstract: The invention describes a sports drink, which in addition to conventional additives contains viable lactobacilli having a positive effect on human intestinal mucosa. The sports drink preferably also contains micronutrients and proteins. The invention also refers to a tablet for the preparation of such a sports drink, containing viable freeze-dried lactobacilli in combination with micronutrients. In addition to providing liquid and nutrients replacement, the sports drink also relieves the stress symptoms, which are associated with long physical exercise.

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